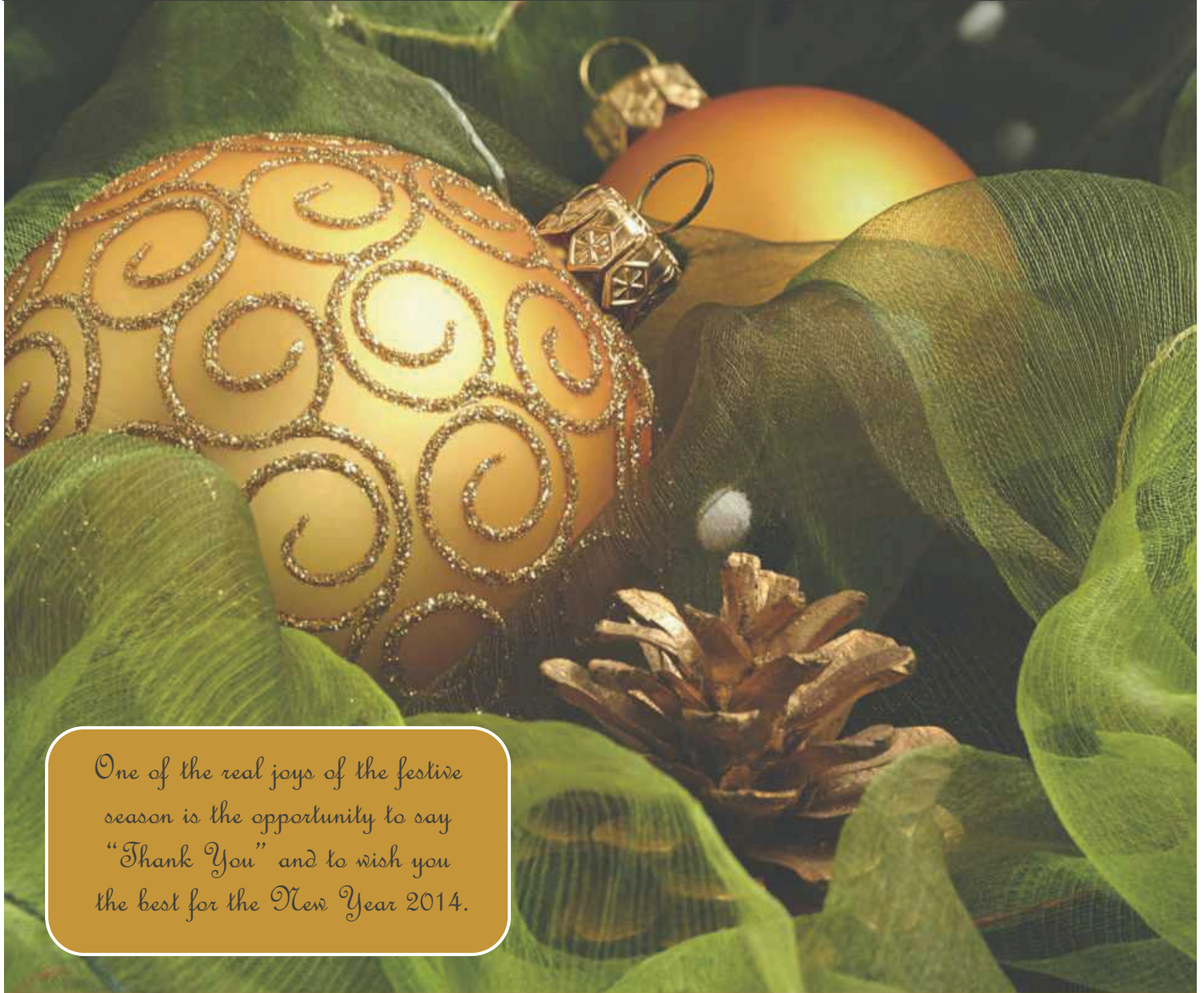


Fond du Lac Senior Center ...*where friends meet!*

Among Friends

December 2013

~ Proudly serving the seniors in the Fond du Lac community for over 45 years! ~



One of the real joys of the festive season is the opportunity to say "Thank You" and to wish you the best for the New Year 2014.

Season's Greetings

Sending blessings of Peace and Happiness to you this holiday season!

WELCOME TO THE FOND DU LAC SENIOR CENTER



December 2013

A Free Monthly Publication
Vol. 4 • No. 12

Friends of the Fond du Lac Senior Center

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City of Fond du Lac

Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone (920)322-3630

Email..... dwinkelman@fdl.wi.gov

Hours M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities.

Visit us online at www.fdlseiorcenter.com

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about the Center.



DINE OUT COUPON BOOK



ON SALE NOW!

COST:

\$5.00

includes

48 Coupons

with **SPECTACULAR SAVINGS** at 39 Area Restaurants

BETTER THAN EVER!

Surprise that special someone with the gift that gives all year long!

Discounts are good from January – December 2014

Purchase books in the Senior Center's This 'n That Craft & Gift Shoppe

Also available for sale at: Calvary Cemetery, Central Barber, Fox Valley Savings Bank, KFIZ, Korneli's Main Street Express, Philly's on 4th and Pump 'n Pantry

Thanks to these local restaurants and businesses for their participation in this year's coupon book (new participants appear in red):

A&W Drive-In ▪ Ala Roma Italian Pizzeria & Pub ▪ Backyard Grill & Bar ▪ Blanck's Supper Club—Johnsburg ▪ Blanck's Lake Aire Supper Club ▪ **Boda's** ▪ Capone's Coliseum Sports Bar & Grill ▪ Cool River Sports Grill ▪ Cousins Subs ▪ Dairy Queen East ▪ Dairy Queen West ▪ Dillion's—Ledgview Lanes ▪ Eden Café and Eden Grill in Taycheedah ▪ Fat Joe's ▪ **Friar Tuck's** ▪ Gille's Frozen Custard Drive-In ▪ Gino's Italian Restaurant ▪ Korneli's Main Street Express ▪ Main Exchange ▪ Mancino's, Oak Central ▪ Paddy's Pizza ▪ Parrot Palms ▪ Philly's on 4th ▪ **Philly's on the Miracle Mile** ▪ Pioneer Pit Stop ▪ **Pizza Ville** ▪ Pump & Pantry ▪ Red Cabin on Green Acres ▪ **Salty's Seafood & Spirits** ▪ Schmitt's Bar & Grill ▪ **Sebastian's Steak House** ▪ Sombbrero's ▪ **Sunset on the Water** ▪ **Trinity** ▪ Tuckers ▪ **The Welsch** ▪ Wendt's On the Lake

...and **SPECIAL THANKS** to **GRANDE CHEESE** or their generous contribution toward the printing of this year's book.

JOIN THE FRIENDS

What would Santa do? He'd tell you 'tis the season to **RENEW!**



If you haven't done so already,
it's time to renew your **Friends**
membership for a chance to win
fabulous prizes in our 2014
Membership Drive Drawing that
runs through December 31, 2013

Complete the membership form on page 19 and mail it with your check
or drop it off with payment at the front desk by December 31, and you
just might win a prize. You are automatically entered into the random
drawing with your completed form.

Not sure if you've already renewed for 2014? Look for
your renewal date on the mailing label of this
newsletter. If it says 01/01/14, you have not
renewed. If it says 01/01/15, Santa already knows
you've been good. ☺

1st Place Prize: \$100 CASH

OTHER 2014 MEMBERSHIP DRIVE PRIZES:

- \$25 Gift Card to Kohl's, Sears or JCPenney
- Schreiner's Restaurant gift certificates
- 2014 Dine Out Coupon Books

Newsletter Crew

Editor.....Dottie Winkelmann
Coordinator/
Design/Writer.....Judy Lange
Writer.....Jean Holzman
Mail Coordinator.....Vivian Gorden
Labels.....Darlene Lyness
Mail Crew.....20+ volunteers!

Newsletter Deadline

The deadline for submission in
January's *Among Friends* newsletter
is Monday, December 2. Submit
information to Judy Lange.

Up-to-Date Information



Tune in to KFIZ-
AM 1450 *The One You Depend On*
Monday mornings at 9:10 a.m. for the
Senior Center report.

Dottie Winkelmann, Senior Center
Director, is guest of Wade Bates on his
After Breakfast Show every Monday
morning. Listen in for information
about upcoming activities and
events at the Senior Center.

3

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Darlene Hoffmann, Mgr.

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- Wedding Receptions
- Banquets & Dinner Meetings

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Fond du Lac, WI 54935

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UPCOMING PROGRAMS

ROUNABOUT SAFETY

Monday, December 9 ~ 1:00 p.m.

Randy Asman, Traffic Engineer ,

Wisconsin Department of Transportation—Green Bay Office

Paul DeVries, City Engineer, City of Fond du Lac

Like them? Love them? Hate them? No matter how you feel about them, roundabouts are here to stay. Newly constructed roundabouts are now open in Fond du Lac. Are you prepared to navigate them correctly?



Driving through an intersection can go from a relatively simple task to a fatal incident in a heartbeat. To help lessen the probability of a serious incident, some intersections are being redesigned into the newest form of an intersection – roundabouts. They can be a challenge to learn if you don't completely understand them. Education is such an important part of understanding and navigating roundabouts.



With this in mind, the Senior Center has partnered with the Fond du Lac Area Safety Council in presenting this FREE program on **Roundabout Safety: Roundabouts and How to Use Them**. The public is invited to attend. Don't miss this valuable safety program: **Monday, December 9, at 1:00 p.m., at the Fond du Lac Senior Center.**

Randy Asman from the Wisconsin Department of Transportation will be our presenter to help us learn more about this new roadway concept. This program is timely, especially in light of a recent accident that occurred on a newly constructed Fond du Lac roundabout. Attend this program and walk away with an understanding of how roundabouts work and what you need to do to navigate them safely. Paul DeVries, City Engineer for the City of Fond du Lac, will be on hand to provide a local perspective on the roundabouts in our city.

The Senior Center and the Fond du Lac Area Safety Council encourages the public to attend this FREE program. All are welcome. Please call 322-3630 to register, so that adequate refreshments and seating can be planned.

BAGELS WITH BEN

with **Ben Baertschy**, Financial Advisor, Edward Jones Investments

Monday, December 2 ~ 9:00 a.m.

Topic: Year End Wrap-up; Ideas for future

Have a bagel and chat with Ben about any investment topic. *This is an informational presentation—no pressure or obligation!*

FREE TAX ASSISTANCE

Call beginning January 21 to schedule an appointment

The Fond du Lac Senior Center will be offering tax assistance again this year. Tax Aide will be offered on **Tuesdays, Wednesdays, & Thursdays from 8:30 a.m. until 4:30 p.m.** Appointments will be available **from Tuesday, February 4 through Thursday, April 10. Scheduling of appointments will start on Tuesday, January 21.** To make an appointment, call the Senior Center at 322-3630 on or after that date.



The Tax-Aide program, administered through the AARP Foundation in cooperation with IRS, is designed to assist the elderly in preparing their personal income tax returns, but the trained volunteers can also help all low-to-moderate income age groups. Although there are certain types of tax situations such as rental property, farm or business income that are not covered by the Tax-Aide program, the volunteers will be able to assist most area residents. This is an AARP and IRS co-sponsored community service.

2013 FRIENDS ANNUAL MEETING & BOARD ELECTION

Friday, January 24, 2014

The Friends Annual Meeting will be held at the Senior Center on Friday, January 24. At that time, the Friends nominating committee will present a slate of candidates to fill board vacancies. Voting for this election will take place at the Annual Meeting—or if you are unable to attend the luncheon, you may vote at the Senior Center prior to the Annual Meeting.



If you are interested in serving on the Friends Board, call the Senior Center and leave your name and phone number with the receptionist. There are four vacancies to fill on the Board, with the term running through 2015. Two incumbents—Mary Kind and Charlotte Nelson—are willing to serve another term. Ron Zarling has served three consecutive two-year terms and is not eligible to run again and one incumbent has chosen not to seek re-election. Nominations will also be accepted at the meeting. Please note that this year's Annual Meeting will not include a lunch or entertainment, BUT Friends members are encouraged to attend to find out what's happening with the Friends organization. More details to follow in the January newsletter.



HOLIDAY HAPPENINGS



CHRISTMAS CAROLING

Friday, December 13, from 1-3 p.m.

SHARE THE HOLIDAY SPIRIT THROUGH SONG



Everyone's invited to join the students of the Senior Center's Singing Class and instructor Kayhryn Staley Hamm for some old-fashioned Christmas caroling! Meet at the southwest corner of Forest & Main Streets. Caroling books will be provided.

SING ALONG with Jess Ellison

Thursday, December 19, at 1 p.m.

AN OLD-FASHIONED HOLIDAY SING ALONG

Join Jess Ellison for a good old-fashioned Christmas sing-along! You may be familiar with Jess, as he frequently played piano at the former Theo's Restaurant. Jess will be at the Senior Center playing songs that will have you thinking CHRISTMAS! Sing along or just sit back and listen and enjoy. Free and open to the public. For planning purposes, registration is appreciated. Sign up at the Senior Center's front desk or call 322-3630 to attend.



AARP CHRISTMAS PARTY



Wednesday ~ December 18
North Fond du Lac Community Center
 281 Garfield Street North Fond du Lac

Social ~ 11:30 a.m.

Luncheon ~ Noon

Followed by Musical Entertainment

MENU: Beef tips, chicken, mashed potatoes & gravy, green beans, fruit fluff, cake, and beverages

COST: \$10 per person

Make check payable to "AARP Chapter 614," and mail to Ardie Zarling, N7949 Lakeshore Drive, Fond du Lac, WI 54937. The deadline to register is Friday, December 13.

★ GREAT FOOD ★ ENTERTAINMENT ★ FUN

*Opportunity Raffle – get a raffle ticket for a chance to win a \$25 Kohl's gift card for each canned good donation (the more cans you bring, the better your chances to win)

Deadline to register: Friday, December 13; Limit of 80 attendees

*If you would like to join for \$3, your membership is good now through December 2014. Those joining by January 16 will be eligible for prizes in a random membership drawing to be held at the AARP General Meeting at the Senior Center on Thursday, January 16, 2014.

Senior Outreach Volunteers of the Fond du Lac Senior Center
invite you to help decorate our

HEART TREE

Delicate spun glass heart ornaments

\$2.00 donation

The Senior Outreach Program is sponsored by the FDL Area United Way, FDL County Department of Community Programs, Friends of the Senior Center and FDL Area Foundation. The program's mission is to create an awareness of community resources and to meet various needs of seniors in our community through one-to-one mentoring relationships with trained volunteers and a friendship program.

Open your heart to the Senior Outreach Program and donate \$2 for an ornament in memory of a loved one who is deceased or in honor of a family member, friend, co-worker, or other special person in your life. The purchase of each spun glass heart ornament is a donation to the program. Rather than keeping the ornament, the ornament will be placed on the Heart Tree at the Senior Center for the holidays. The deadline to dedicate ornaments for the tree is *January 29, 2014*. The Heart Tree will be located in the Senior Center Activity Room. Proceeds benefit the Senior Outreach Program. A heart tree dedication ceremony will be held on February 6, 2014.

HEART TREE ORDER FORM

~ PLEASE PRINT ALL NAMES CLEARLY ~

Please put a heart on the HEART TREE in memory of (Deceased) :

Please put a heart on the HEART TREE in honor of (Living) :

\$2.00 EACH NAME Total Enclosed _____

Cut out this form and drop off or mail along with your check, payable to: Friends of the FDL Senior Center, 151 E. First Street, Fond du Lac, WI 54935

DONATED BY:

Name _____

Street _____

City _____ Phone _____

The Senior Center will be **CLOSED** on Tuesday, December 24 & Wednesday, December 25, and on Tuesday, December 31 & Wednesday, January 1.



HAPPY TRAVELERS

Mary Schneider, Travel Coordinator

Call 322-3635

Friends membership is required to travel with the Happy Travelers. Membership is \$10 for a single and \$15 for a couple.

SIGN UP FOR THESE TRIPS NOW!

WINTER MUSICAL SHOWS

JANUARY

"SOLID GOLD" FIRESIDE THEATER

Thursday—January 30, 2014



Featuring.... great rock bands such as The Beatles, The Beach Boys, The Rolling Stones, The Supremes, also Sinatra from Vegas and tribute to great comedy and variety TV shows such as Laugh-In; The Smothers Brothers, and Sonny and Cher.

Includes a fabulous buffet.

\$95

FEBRUARY

FASCHING DINNER SHOW

Sunday—February 9, 2014



A fun afternoon of delicious German food and music at Laack's Hall in Sheboygan Falls—with the Dorf Kapelle—has become a Senior Center tradition. You will LOVE it!

\$65

MARCH

"GHOST" APPLETON PAC

Wednesday—March 19, 2014



Adapted from the hit film, *Ghost: The Musical*, follows Sam and Molly, a young couple whose connection takes a shocking turn after Sam's untimely death.

- Breathtaking Stagecraft
- Based on the Hit Film
- A Story of Undying Love

\$85

NEW CASINO TRIPS

POTAWATOMI

Wednesday—January 15, 2014

Dinner at Mo's Irish Pub



\$54

KESHENA

Thursday—February 27, 2014

Dinner at Schwarz's



\$54

HO-CHUNK

Tuesday—March 25, 2014

Dinner at Log Cabin, Baraboo



\$54

SOMETHING FUN!

HARLEY-DAVIDSON MUSEUM & MORE!

Thursday—March 13, 2014

Visit the Harley-Davidson Museum and experience American history and culture like you've never seen it before. Tour a Milwaukee Brewery, and browse Cabela's. We'll have lunch at the Ale House Brew Pub. Brush up on your biker lingo because we will play games and test your memory with trivia and fun facts. Wear leather—if you dare!

\$TBD



HAPPY TRAVELERS

Mary Schneider, Travel Coordinator

Call 322-3635

Friends membership is required to travel with the Happy Travelers. Membership is \$10 for a single and \$15 for a couple.

SIGN UP FOR THESE TRIPS NOW!

2014 EXTENDED TRIPS

OVERNIGHT IN CHICAGO

June 3—5
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price for a
fun-filled
visit to the
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City!

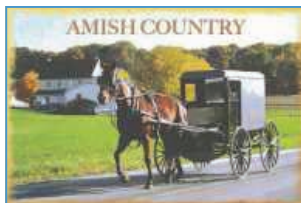
You'll be
busy from morning until night. Pick up tour
brochure. This trip is sure to fill fast so
register SOON!



3 Days—2 Nights \$275 Double

SHIPSHEWANA, INDIANA

June 16—18
A Happy Travelers Trip!



Mary and volunteers are putting together a
fantastic visit to Amish Country that will
include great food, shopping, and more!
Brochure coming soon!

3 Days—2 Nights \$315 Double

GREAT TRAINS & GRAND CANYONS

September 14—19
with Premier World Discovery



Happy Travelers first trip with PREMIER
includes 2 rail journeys and a jam-packed
vacation. Includes *airfare* from Milwaukee!
Pick up tour brochure for details.

6 Days—5 Nights \$1999 Double

TRAVEL OFFICE HOURS: **NOTE NEW OFFICE HOURS!**

Monday through Thursday 9 a.m.—3 p.m. for reservations, payments, & questions.
Travel Office CLOSED Fridays.

IMPORTANT REMINDERS

- You must be a current member of the Friends of the Fond du Lac Senior Center to travel with the Happy Travelers. Annual membership fees are \$10 for a single and \$15 for a married couple. The monthly newsletter, with trip updates, is mailed to you each month.
- Remember, you have not confirmed a place on a trip until we have received your \$10 deposit. This is not an extra \$10, but is a portion of the trip fee.
- Make your trip payment as soon as you can so that the trip can be finalized and we will be confident enough travelers are going. We need the final payment 2 months prior to the trip date so plans can be finalized (for day trips) and much earlier for extended trips. Make checks payable to: Happy Travelers
- Every trip needs a separate registration form. We do this for bookkeeping purposes and appreciate your cooperation by completing this yourself. Forms are available at the Senior Center.
- If a trip is full, be sure to put your name on the "Waiting List" as *many* times there are cancellations...even long lists have been used filling trips.
- Pick up a copy of the "Happy Travelers Rules" in the Travel Office if you are a new traveler.



WE'VE GOT CLASS! REGISTER NOW!



The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. The classes, set up through Moraine Park Technical College and held at the Senior Center, are taught at a relaxed pace and are open to ALL ages.

HOW TO REGISTER: Register at MPTC in person (use the C-1 Entrance) or by phone at 922-8611. Classes often fill fast—early registration is recommended!

Today, web-savvy seniors are embracing email, blogs and the whole world of information at their fingertips. In fact, people over 60 are the fastest growing segment of computer and internet users. Join them! If you don't know how to use a computer or want to enhance your skills, these classes are for you! There's nothing like the Web for keeping people connected. Don't let the world pass you by!



MPTC BASIC COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS / WEEKS	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
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COMPUTER BASICS 1

***Each student is required to bring a jump drive to class**

103-483-30623	M, F, M	January 13, 17, 20	3 days	9:00 a.m.—Noon	9 hours	Brueggemann	\$4.00	\$34.55
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Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information.

COMPUTER BASICS 2

***Each student is required to bring a jump drive to class**

103-485-30624	F, M, F	January 24, 27, 31	3 days	9:00 a.m.—Noon	9 hours	Brueggemann	\$4.00	\$34.55
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Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized.

COMPUTER BASICS 3

***Each student is required to bring a jump drive to class**

103-490-21759	T, W, R	December 10, 11, 12	3 days	9:00 a.m.—Noon	9 hours	Karen Beaman	\$4.00	\$34.55
103-490-30625	M, F, M	February 3, 7, 10	3 days	9:00 a.m.—Noon	9 hours	Brueggemann	\$4.00	\$34.55

Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2.

COMPUTER BASICS 4

***Each student is required to bring a jump drive to class**

103-491-20775	T, W, R	December 3, 4, 5	3 days	1:00—4:00 p.m.	9 hours	Karen Beaman	\$4.00	\$34.55
103-491-30626	F, M, F	February 14, 17, 21	3 days	9:00 a.m.—Noon	9 hours	Brueggemann	\$4.00	\$34.55

Explore in-depth concepts of computer software and hardware. This advanced computer basics course builds upon the knowledge and application technique skills learned in Computer Basics for Beginners 1, 2 and 3.

IDENTITY THEFT AND SCAMS

102-601-30962	Friday	March 14	1 time	1:00—4:00 p.m.	3 hours	TBD	\$19.15	\$24.20
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Discover to do to protect yourself from identity theft and how thieves can obtain identity information. Explore the latest trends, common links and examples of consumer (including senior citizen) scams and fraud, and discover ways to protect yourself.

NOTES & NEWS

THE CENTER THERMOSTAT



Please bring your warm sweater and fluffy down vest, the temp at the Center is really a mess.

Some like it warmer, some like it cool, we tried to please everyone and looked like a fool.

Come dressed in your layers, put on, then take off, some days it's real hot here and some days it's not.

If you ask nicely, it's our aim to please, setting the temperature is not meant to tease.

But please tell the staff And don't touch the dials With so many hands, It's trouble and trials.

Remember this always, of this I don't jest— please bring your warm sweater and fluffy down vest.

GIVE THE GIFT OF MUSIC THIS CHRISTMAS

The Red Hat Honeys Chorus have produced a Christmas CD which is on sale for \$8 in our This 'n That Craft & Gift Shoppe. Get in the Christmas spirit—pick up a copy for yourself or a friend.



Song List:

- | | |
|------------------------------|----------------------|
| 1. Jingle Bells | 7. Silent Night |
| 2. Do You Hear What I Hear? | 8. Christmas Cookies |
| 3. Calypso Noel | 9. In Winter |
| 4. Where Are You, Christmas? | 10. Showbiz Snowman |
| 5. Twelve Days | 11. A Blessing |
| 6. Canon of the Bells | 12. Let It Snow |

LOST & FOUND

Our Lost & Found has accumulated so many items! If you think you may have lost something at the Senior Center, please check with the receptionist to see if it is in our Lost & Found. Unclaimed items will be discarded or donated to charity. Items include: car foil sun visor, hats, scarves, gloves, three crocheted afghans, coin purses, umbrellas, jewelry, keys, sun glasses, insulin kit, reading glasses, cane, camera, sweatshirt, camera memory card, rain hat, cell phone cover.



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on the Ledge

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December 2013



Monday	Tuesday	Wednesday	Thursday	Friday
2 8:55 Low Impact Exercise <u>9:00 Bagels with a Broker</u> Year-end Wrap 9:00 Woodcarving Club 1:00 German Club 1:00 Poker 1:15 Sheephead 3:45 Walk Live! 5:00 TOPS #1159 5:30 Zumba Gold 7:00 Beginning Dance Class	3 8:30 8-Ball Pool League 9:00 Tai Ji 9:00 Skat 9:30 Consignor Intake <u>10:00 Singing Class</u> <u>10:00 Oil Painting Class</u> 12:45 Bridge <u>1:00 MPTC Computer Basics 4</u> 1:00 Bingo—sponsor: Hospice Advantage <u>1:00 Watercolor Class</u> <u>3:00 Mixed Media Art Class</u> 6:00 Woodworkers (Horace Mann HS)	4 8:30 9-Ball Pool League 8:30 SCAMP 9:00 Linettes 9:00 Handchimes 10:15 Video Exercise 12:00 Hand & Foot <u>1:00 MPTC Computer Basics 4</u> 1:00 Canasta 1:00 Cribbage 1:15 Sheephead 7:30 Dance: Bob & Marilyn Variety & Karaoke	5 <u>9:00 Outreach Breakfast at</u> <u>Rolling Meadows Restaurant</u> 9:00 Handchimes 10:00 Scrapbooking <u>12:00 ROMEO @ Gino's</u> 12:45 Bridge 1:00 Art Club <u>1:00 MPTC Computer Basics 4</u> 1:00 Flying Geese Quilting Club 3:45 Walk Live! 6:00 TOPS #0566 <u>6:00 Country Line Dancing</u> 6:00 Char-tastic Scrapbookers	6 10:00 Red Hat Chorus 12:30 Wii Bowling League 1:00 Writers Group 1:15 Sheephead 1:45 Wii Bowling League <u>Happy Travelers: Clausen Family</u> <u>Christmas on the Farm</u> 7 Saturday <u>10:00 Beg. Line Dancing</u>
9 8:55 Low Impact Exercise 9:00 Woodcarving Club <u>9:30 Book Club</u> Meet at Faro's Restaurant with favorite book to share (Note date change—usually 3rd Monday) 1:00 ROUNABOUT SAFETY 1:00 German Club 1:00 Poker 1:15 Sheephead 3:45 Walk Live! 5:00 TOPS #1159 5:30 Zumba Gold 7:00 Beginning Dance Class	10 8:30 8-Ball Pool League <u>9:00 MPTC Computer Basics 3</u> 9:00 Tai Ji (Last class w/ Bonnie/ Nancy) 9:00 Skat 9:30 Consignor Intake <u>10:00 Singing Class</u> <u>10:00 Oil Painting Class</u> 12:45 Bridge 1:00 Stitchery 1:00 Bingo—sponsor: Comfort Keepers <u>1:00 Watercolor Class</u> <u>2:00 Community Cares @ Artisan</u> <u>3:00 Mixed Media Art Class</u> No Card Making Class (back January 14) 6:00 Woodworkers Mtg. (Senior Center) 6:30 Stamp Club SENIOR CENTER CHRISTMAS PARTY Holiday Inn; 5:00 Social 5:30 Dinner	11 8:30 9-Ball Pool League 8:30 SCAMP <u>9:00 MPTC Computer Basics 3</u> 9:00 Handchimes 9:00 Linettes <u>10:00 Look Good, Feel Better</u> 10:15 Video Exercise 12:00 Hand & Foot 1:00 Cribbage 1:15 Sheephead 7:30 Dance: Roger & Eddie Guitar & Accordion Old Time & Variety	12 8-3 Foot Care <u>9:00 MPTC Computer Basics 3</u> 9:00 Handchimes 10:00 Scrapbooking 12:45 Bridge 1:00 Art Club 3:45 Walk Live! 6:00 TOPS #0566 <u>6:00 Country Line Dancing</u> 7:00 Sunset Stitchers Quilters	13 Wellness Morning 9-10 Booths & Screenings 10-11 Speaker: Inside Hospice 10:00 Red Hat Chorus 12:30 Wii Bowling League 1:00 Christmas Caroling Meet at Forest & Main 1:00 Writers Group 1:15 Sheephead 1:45 Wii Bowling League <u>Happy Travelers: Jingle Bell Doc</u> 14 Saturday <u>10:00 Beg. Line Dancing</u> 15 Sunday 6:00 Model RR Hobbyists
16 8:55 Low Impact Exercise 9:00 Woodcarving Club <u>12:30 MOVIE: The Majestic</u> (Showing 1 of 2) 1:00 German Club 1:00 Poker 1:15 Sheephead 3:45 Walk Live! 5:00 TOPS #1159 5:30 Zumba Gold 7:00 Beginning Dance Class	17 7:30 TRIAD Meeting (@ City Hall) 8:30 8-Ball Pool League 9:00 Skat 9:30 Consignor Intake <u>10:00 Oil Painting Class</u> <u>11:45 Pool League Lunch & Party</u> <u>12:00 "O Christmas Tree" @ Holiday Inn</u> Red Hat Christmas Party 12:45 Bridge 1:00 Bingo—sponsor: LakeView Estates <u>1:00 Watercolor Class</u> <u>3:00 Mixed Media Art Class</u> 3:00 Wacky Races (usually 4th Tues.) 6:00 Woodworkers (Horace Mann HS)	18 8:30 9-Ball Pool League 8:30 SCAMP 9:00 Handchimes 9:00 Linettes 10:15 Video Exercise <u>11:30 AARP Christmas Party (NFDL)</u> 12:00 Hand & Foot 1:00 Cribbage 1:00 Canasta 1:15 Sheephead 7:00 Stamp Club 7:30 Dance: Leota, Gerry & Syl Guitar & Accordion; Old Time & Variety	19 8-3 Foot Care 9:00 Handchimes 10:00 Scrapbooking 12:45 Bridge 1:00 Art Club 1:00 Sing Along with Jess 3:45 Walk Live! 6:00 TOPS #0566 <u>6:00 Country Line Dancing</u> 6:00 Char-tastic Scrapbookers	20 8:30 SCAC Meeting 9:30 Friends Board Meeting 10:00 Red Hat Chorus <u>12:30 MOVIE: The Majestic</u> (Showing 2 of 2) 12:30 Wii Bowling League 1:00 Writers Group 1:15 Sheephead 1:45 Wii Bowling League 21 Saturday <u>10:00 Beg. Line Dancing</u>
23 8:55 Low Impact Exercise 9:00 Woodcarving Club 1:00 German Club 1:00 Poker 1:15 Sheephead 3:45 Walk Live! 5:00 TOPS #1159 5:30 Zumba Gold 7:00 Beginning Dance Class	24  SENIOR CENTER CLOSED	25  SENIOR CENTER CLOSED	26 8-3 Foot Care 10:00 Scrapbooking 12:45 Bridge 1:00 Art Club 1:00 Post Office Poker 3:45 Walk Live! 6:00 TOPS #0566 <u>6:00 Country Line Dancing</u>	27 10:00 Red Hat Chorus 12:30 Wii Bowling League 1:00 Writers Group 1:15 Sheephead 1:45 Wii Bowling League 28 Saturday Supper Club: Sebastian's 5:00 Social; 5:30 Dinner
30 8:55 Low Impact Exercise 9:00 Woodcarving Club 1:00 German Club 1:00 Poker 1:15 Sheephead 3:45 Walk Live! 5:00 TOPS #1159 5:30 Zumba Gold 7:00 Beginning Dance Class	31  SENIOR CENTER CLOSED	JOIN US FOR LUNCH Lunch is served at the Senior Center every Monday-Thursday at 11:45 a.m. through FDL County's Department of Senior Services Dining Program. Reservations for meals are made by calling 929-3937 and MUST be made no later than 1 p.m. the day before you plan to attend. Menus are available at the Senior Center.	<u>Underlined events/programs</u> <u>require pre-registration.</u> Special Events & "Once-a-month" Activities MPTC Classes Senior Center Art & Rec Classes Happy Travelers Trips <i>Activities and programs subject to change</i>	HO HO HOTLINE  Mon.—Fri. December 1—23 3:30 to 4:30 pm

SENIOR WELLNESS MORNING

Senior Wellness Mornings are held at the Fond du Lac Senior Center, 151 E. First Street, Fond du Lac

INSIDE HOSPICE FRIDAY, DECEMBER 13



- DOOR PRIZES
- HANDOUTS
- REFRESHMENTS

*For planning purposes,
call 322-3630 to pre-register.*

9—10 a.m.

Health Screenings

- Blood Pressure by Generations Home Care & Hospice
- Blood Sugar (Fast required)
by Lutheran Homes & Health Services
- Hearing by Avada Audiology & Hearing Care

Health Info Booths:

- Aging & Disability Resource Center (ADRC)
- Alzheimer's Association
- Comfort Keepers
- Country Doctor
- Generations Home Care & Hospice
- Harbor Haven
- Rehab Arisces
- UW—Extension
- Wink Chiropractic

Demonstration:

Christmas Music by The Red Hat Honeys Chorus

10—11 a.m. Speakers: Team from Heartland Hospice

Hospice can be a subject that is rather gray and misunderstood. In this presentation the Hospice team from Heartland will walk through the experience from start to finish by having each member of the Hospice team (nurse, social worker, aide, chaplain, and bereavement counselor) talk about what they do to help families and their loved ones.

Heartland 
Enriching life.



MONTHLY MOVIE

2 SHOWINGS!

"THE MAJESTIC"

Monday, December 16 OR Friday, December 20

11:45 a.m. Lunch (optional)

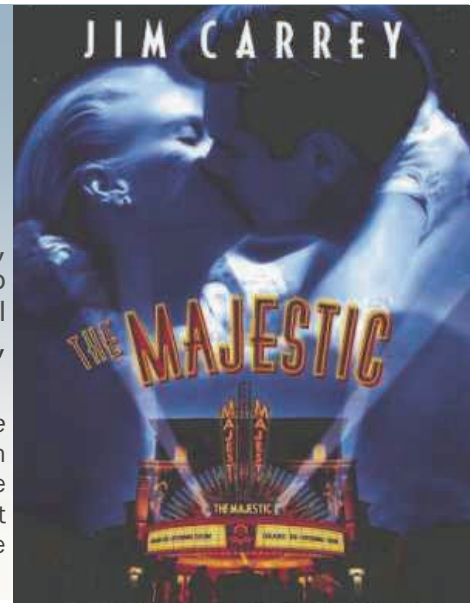
MENU DECEMBER 16: Chicken Marsala, Baby Red Potatoes, Carrots, Orange, Sliced Bread, Chocolate Banana Torte and Milk

DECEMBER 20: No lunch (Lunch is not served on Fridays)

12:30 p.m. Movie: "The Majestic"

In this Capra-esque drama set during the 1950's blacklist, a young, ambitious Hollywood screenwriter loses his job and his identity, only to find new courage, love and the power of conviction in the heart of a small town's life. **Stars:** Jim Carrey, Laurie Holden, Martin Landau, Bob Balaban, Alan Garfield. 2001, Rated: PG, 152 min., Drama.

You must register separately for each activity. Call 929-3937 by 1 p.m. on the day before (or on Friday for a Monday movie) to register for the FDL Senior Dining Program lunch (recommended donation of just \$3.00 for those age 60 years or older; mandatory charge of \$9.25 for those under age 60). Call 322-3630 to register to attend the movie so that adequate seating & refreshments can be planned. Movies are free and open to the public. FREE popcorn and refreshments.



12 Special thanks to *Family Video*, 32 E. Johnson Street, for generously allowing the Senior Center one free movie rental per month.

FOR RENT – ELDERLY HOUSING

One Bedroom Units • Rent based on Income
No Asset Limitations

Westnor Apartments at 653 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Fond du Lac County Nutrition Program meal site 5 days a week
- Nursing services available to residents free one day a week
- All utilities included in rent, Free on site parking
- Close to Forest Mall, etc. On City bus route

Grand Court Apartments at 630 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free one day a week
- All utilities included in rent except electricity, Free on site parking
- Close to Forest Mall, etc. On City bus route

Heather Meadows Apartments at 235 Winnebago Street, N Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free twice a month
- All utilities paid except electricity
- Free on site parking

Rosalind Apartments at 15 North Marr Street, Fond du Lac

- Must be near elderly, elderly (50+) or disabled
- Air conditioned hallways and Community Room
- Large TV for resident use in Community Room
- Nursing services available to residents free one day a week
- All utilities included in rent
- Close to downtown, hospital, clinics, churches; on City bus route

For more information call: Fond du Lac Housing Authority
929-3107 extension 102 • Monday – Friday 8:00 AM – 4:30 PM

NORTHGATE SENIOR APARTMENTS

350 Winnebago St., North Fond Du Lac
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An Independent Living Community For 55+

-Certain Income Guidelines Apply-

1 and 2 Bedroom
Apartments Available

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Fond du Lac, WI

RECREATION

Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION – and is not required for participation.

ART CLUB Resuming in November
Thursdays at 1:00 p.m.

BINGO 50¢ for 2 cards
Tuesdays at 1:00 p.m.
Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday (odd months): Rienzi Cemetery
1st Tuesday (even months): Hospice Advantage
2nd Tuesday: Comfort Keepers
3rd Tuesday (odd months): ResCare HomeCare
3rd Tuesday (even months): Lake View Estates
4th Tuesday (odd months): Shepherd Law Office
4th Tuesday (even months): Riverside Sr. Apts
5th Tuesday: Right at Home

BOOK CLUB
3rd Monday at 9:30 a.m.

November 18
The Great Gatsby by F. Scott Fitzgerald

December 9 (Note date change)
Meet at Faro's Family Restaurant for breakfast. Bring a favorite book to share—Christmas or other.

January 20
The English Girl by Daniel Silva

Book synopses available at front desk.

BRIDGE \$1 donation
Tuesdays at 12:45 p.m.
For information or to play, call Arlene Love at 922-5668.
Thursdays at 12:45 p.m.
For information or to play, call the Senior Center at 322-3630.

CANASTA
1st & 3rd Wednesdays at 1:00 p.m.

COIN CLUB
2nd Tuesday at 6:30 p.m.

CRIBBAGE
Wednesdays at 1:00 p.m.

DANCES \$3.00 fee
Wednesdays at 7:30–10:00 p.m.

Date	Performers
Dec. 4	Bob & Marilyn (DJ/karaoke)
Dec. 11	Roger (accordion) & Eddie (guitar)
Dec. 18	Leota (accordion), Gerry (guitar) & Syl (vocals)
No dance: Dec. 25 or Dec. 31 Happy Holidays!	

GERMAN CLUB
Mondays at 1:00 p.m.

HAND & FOOT (Card Game)
Wednesdays at Noon

HANDCHIME CHOIR
Wednesdays & Thursdays at 9:00 a.m.

LINETTES (EZ Line Dancing)
Wednesdays at 9:00 a.m.

MODEL RAILROAD HOBBYISTS
2nd Sunday at 6:00 p.m.

POKER
Mondays at 1:00 p.m.

POOL Open Pool daily
Leagues
8-Ball Tuesdays 8:30 a.m.—12:30 p.m.
9-Ball Wednesdays 8:30 a.m.—12:30 p.m.

QUILTING
Flying Geese Quilting Club
1st Thursday at 1 p.m.
Call Nancy at 923-4494 for information.
Sunset Stitchers Quilt Guild
2nd Thursday at 7:00 p.m.
Call Laura at 923-1693 for information.

ROMEOS
All men are welcome to join the "Retired Old Men Eating Out" for lunch... You don't have to be retired (or old) to join in on the camaraderie and fun!

Thursday, December 5, at noon
Gino's Italian Restaurant

Thursday, January 2, at noon
Rolling Meadows Family Restaurant

SCAMP (Senior Center Band)
Wednesdays at 8:30 a.m.

SCRAPBOOK CLUB
First three Thursdays at 10:00 a.m.
Char-tastic Crafters
1st & 3rd Thursday from 6–8 p.m.

SHEEPSHEAD \$1.50
Mondays at 1:15 p.m.

Jack of Diamonds
Wednesdays and Fridays at 1:15 p.m.
Black Queens

SKAT
Tuesdays at 9:00 a.m.

STAMP CLUB
3rd Wednesday at 7:30 p.m.

STITCHERY CLUB
2nd & 4th Tuesday at 1:00 p.m.

SUPPER CLUB
Dutch Treat. Everyone welcome!
You MUST call the Center if attending.

Saturday, December 28
Social: 5:00 p.m.; Dinner: 5:30 p.m.
Sebastian's Steak House

TOPS (Take Off Pounds Sensibly)
Chapter #1159
Mondays at 5:00 p.m.
Chapter #0566
Thursdays at 6:00 p.m.

WACKY RACES
4th Tuesday at 3:00 p.m. (after Bingo)

Wii BOWLING
Open Bowling by request—call to reserve day
Fridays at 12:30 and 1:45 p.m.
League Play (September–April)

WINNEBAGO WOODWORKERS
2nd Tuesday from 6:00–8:00 p.m.
General meeting held at the FDL Senior Center
Other Tuesdays from 6:00–8:00 p.m.
Workshop meetings at Horace Mann High School, North Fond du Lac.
Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP
Mondays at 9:00 a.m.

WRITERS GROUP
Fridays at 1:00 p.m.
The Memories Writers meets to share and preserve life experiences and family history. New members welcome!

HEALTH & WELLNESS



EXERCISE CLASSES

LOW IMPACT CHAIR EXERCISE

usually with Jaime Roth—But Sarah Olson for now!

Mondays 9:00 – 9:30 a.m.

*Sponsored by All About Life Rehabilitation Center
Sarah Olson, Marian University Intern, will lead the group while Jamie is on maternity leave.*

CHAIR EXERCISE VIDEO

Men & Women Welcome!

Wednesdays 10:10 – 10:40 a.m.

Video furnished by Lutheran Homes and Health Services

WALKING CLASS

Walking class meets every **Monday (in Room 3) and Thursday afternoon (in the Activity Room) at 3:45 p.m.** For comfort, wear walking shoes. 50¢ Donation. Make the mile walk with the video part of your fitness program. As the weather turns cold, why not join us indoors for exercise? Keep fit during the holiday season.



TAI JI

We want to thank Bonnie and Nancy for their years of excellent service as Tai Ji instructors and wish them well in their retirement. We are seeking a new instructor for 2014. If you know of someone qualified to teach Tai Ji, please ask them to contact Jean Holzman as soon as possible at 322-3636.



Seeking Clients for the Outreach Program

If you or someone you know is homebound, lonely, needs help finding community resources, or just wants a friend to spend time with, you can refer them to the Senior Outreach Program. Please call 322-3636 for questions or to make a referral.



OTHER EXERCISE

HikersTuesday & Thursday mornings
Line DancingThursdays; 6–7:30 p.m.; \$10 for 4 weeks
Beginning Line DancingSaturdays, November 2, 9, 16;
10–11:30 a.m.\$7.50 for 3 weeks
Water ExerciseDaily 8 a.m. at the Aquatic Center
.....\$3.75 per session
Zumba Gold.....Monday evenings 5:30 to 6:30 p.m.
14\$5 walk ins. Call 920-606-9078 for info.

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by: Generations Home Care and Hospice

Friday, December 13; 9–10 a.m. *2nd Fri. of the month*

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

Friday, December 13; 9–10 a.m. *2nd Fri. of the month*

No appointment needed; Donations accepted. 12-hour fast required.

CHOLESTEROL SCREENING

Sponsored by Consultants Lab – A member of Agnesian HealthCare
Lipid Panel + Glucose screening

Tuesday, February 11; from 8:30– 11 a.m.

2nd Tuesday in February, May, August, November

Cost: \$20; Call 322-3630 for appointment. 12-hour fast required.

FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department

Thursday, December 12, 19, 26;

Cost: \$20; Call 322-3630 for appointment.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, December 13; from 8:30–10 a.m.

2nd Friday of even months

FREE Hearing Screenings and FREE Hearing Aid Cleanings

Call 322-3630 for appointment; Donations accepted.

MASSAGE, REFLEXOLOGY, IRIS, LASER THERAPY

Renee Waters, Certified Massage Therapist & Naturopath;
Owner of Country Doctor

Tuesday, January 28; 10 a.m. through the day

Usually 4th Tuesday of the month

Cost: \$20 for 30 minute session; Call 322-3630 for appointment.

VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

Tuesday, February 11; from 8:30 – 11 a.m.

2nd Tuesday in February, May, August, November

Cost: \$40; Call 322-3630 for appointment.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

Thursday, January 23, 2014; 6:30–8:00 p.m. (4th Thursday of the month)

Fond du Lac Senior Center, 151 E. First St., Room 4

DIABETIC SUPPORT GROUPS

Tuesday, December 17, 4–5 p.m. (3rd Tuesday of the month)

Aurora Health Care Center, 210 American Drive, American Room

Tuesday, December 10, 6–7 p.m. (2nd Tuesday of the month)

St. Agnes Hospital, 430 E. Division St., 5th Floor Meeting Room

GLUTEN FREE SUPPORT GROUP

Next Meeting: **Time and location to be determined**; watch your January newsletter.

PROSTATE CANCER

Tuesday, December 10; 8:30 a.m. (2nd Tuesday of the month)

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

PARKINSON'S SUPPORT GROUP

Monday, December 9; 10–11 a.m. (2nd Monday of the month)

Aurora Health Care Center, 210 American Drive, American Room

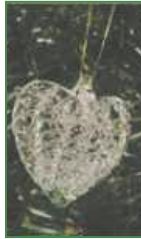


HEALTH & WELLNESS

Please Support our Senior Outreach Program Fundraiser Now until January 29

Heart Tree Ornaments

Honor a loved one! \$2 each. **Order form on page 5.** A **Heart Tree Dedication** will take place at **10 a.m. on Thursday, February 6**, in the Activity Room.



LOOK GOOD...FEEL BETTER Wednesday, December 11 10 a.m. – noon

The American Cancer Society sponsors "Look Good...Feel Better" programs at the Senior Center. This is a free program created **for women of any age** undergoing cancer treatment to look good and manage treatment and recovery with greater confidence. Each participant will receive a complimentary beauty kit with cosmetics donated by top name companies. If you know a lady going through treatment, tell her about this beneficial program. **Advance registration is required. Please call the American Cancer Society toll free at 1-800-227-2345.**



Hats Off to Lake View Estates

A special thanks to Lake View Estates for all those delicious pancakes on November 8. **Proceeds benefit the Senior Outreach Program.**



Changes for 2014 Senior Wellness Morning

We will have only 4 Senior Wellness Mornings in 2014: February 14, April 11, September 12 and November 14. We will be adding some new fun activities in February and September.

There will no longer be odd month bingo or health DVD's.

Health Screenings will continue to be held the 2nd Friday of each month from 9 to 10 a.m. New screenings will be added some months.

The main reason for the change is the decline in attendance. Thanks to the many seniors who have supported these mornings since 2011. The Senior Wellness Coalition will sponsor the Senior Summer Games and in late summer and fall, Nursing Home Tours. Watch upcoming newsletters for details.



Senior Wellness Morning

Friday, December 13

Focus: Hospice—What it is and How it works

9–10 a.m. Blood Sugar Screening, Blood Pressure Screening, Hearing Screening, Vendor Booths
Demo: Red Hat Chorus Christmas Music

10–11 a.m. Presentation on Hospice by Heartland Hospice



SENIOR OUTREACH PROGRAM

Reaching Out – Touching Lives



COMMUNITY CARES

Volunteers will visit Artisan Assisted Living, 597 Kingswood Avenue, **on Tuesday, December 10, from 2 to 3 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer for these one-on-one visits. This December visit will be special as we will join with residents in singing Christmas carols, sharing refreshments and small gifts. **Volunteers can be any age.** This is a small facility that is often overlooked at this time of the year. If you would like to participate or have questions, please call 322-3630. **Just an hour makes a difference in lonely seniors' lives.**



OUTREACH HOLIDAY BREAKFAST

Current Senior Outreach Volunteers and Senior Outreach Advisory Board members will meet on

Thursday, December 5, at 9 a.m. at Rolling Meadows Restaurant for our annual holiday breakfast. If you did not sign up at the November meeting, please call the Senior Center before December 3 to make a reservation. Please bring your November reports. Join us for an enjoyable time of sharing and friendship.

The Senior Outreach Program is funded in part by:

Friends of the Fond du Lac Senior Center
Fond du Lac County Department of Community Programs
Fond du Lac Area United Way; Fond du Lac Area Foundation

COMMUNITY

SENIOR DINING GROUP



**OPEN TO ANYONE
55 AND OLDER**

The *Fond du Lac Senior Dining Group* invites all men & women aged 55 and older to join them on Tuesday nights. The group meets weekly for dining, with cocktails beginning at 5:30 p.m. and dinner at 6:30 p.m.

December 3 Pizza Ville
Decemebr 10 Northwinds Supper Club
December 17 Schmitt's Oar House
December 24 & Dec. 31 No meeting due to holidays

GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS!

More info: call Max at 920-269-4180 or Mary Jo at 960-2532.

PIE TINS WANTED

Lake View Estates has asked for help in collecting disposable pie tins and pot pie tins for an upcoming project at their facility.

Please bring tins to the Senior Center front desk if you can help.
16



DRIVERS WANTED

Can you help?

Road to Recovery®

The American Cancer Society is seeking volunteer drivers for their road to recovery program. One of the toughest challenges people with cancer face is getting to and from their lifesaving treatments. At this time, there are many Fond du Lac cancer patients that will benefit from this program. If you can help, please call 1-800-227-2345 or visit cancer.org.

AARP MEETING

Next meeting: Thursday, January 16


There will be no general AARP meeting in December, but join us for some holiday fun at our **Christmas Party on Wednesday, December 18, at the North Fond du Lac Community Center.** See page 4 for details. Deadline to register: Friday, December 13.

AARP meetings are held at the Fond du Lac Senior Center every 3rd Thursday of the month at 1:30 p.m. They are free to attend and open to the public — all ages are welcome. Refreshments are served. The cost to join the local AARP chapter is \$3.



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CLASSES & CROPS

ART & RECREATION CLASSES

Several art and recreational classes are offered at the Senior Center. Registration for these classes is required—register at the front desk. Payment is expected at that time and can be made with cash or check made payable to *Friends, Inc.*

Class	Day	Time	Weeks	Cost
Singing	Tuesday	10–11 am	6	\$25
February 4, 11, 18, 28, March 4, 11 April 8, 15, 22, 29, May 6, 13				
Oil Painting	Tuesday	10 am–noon	4	\$15
Nov. 26, Dec. 3, 10, 17 January 7, 14, 21, 28				
Watercolor	Tuesday	1–3 pm	4	\$15
Nov. 26, Dec. 3, 10, 17 January 7, 14, 21, 28				
Mixed Media Art	Tuesday	3–4:30 pm	4	\$10
Nov. 26, Dec. 3, 10, 17 January 7, 14, 21, 28				
Open Sewing Lab	Wednesday	3:30–6:30 pm	4	\$12
April 2, 9, 16, 23 October 1, 8, 15, 22				
Drawing	Wednesday	6–8 pm	4	\$15
January 8, 15, 22, 29 February 5, 12, 19, 26				
Country Line Dancing	Thursday	6–7:30 pm	4	\$10
December 5, 12, 19, 26 January 2, 9, 16, 23				
Beg. Country Line Dance	Saturday	10–11:30 am	3	\$7.50
December 7, 14, 21 January 4, 11, 18				



BEGINNING DANCE CLASS

Julie Wilson from Shut up & Dance Ballroom Studio will be offering Beginner Ballroom dance lessons at the Senior Center on Monday evenings at 7:00 p.m. Students will learn basic leading, following, rhythm & timing as well as a few simple patterns in a variety of dance styles including Waltz, Tango, Foxtrot, Cha Cha, Rumba and Swing. **No prior dance experience is necessary and you do not need a partner.** Students should understand that ballroom dancing is a physical activity requiring a good sense of mobility. All ages are welcome and the class is open to the public! Tell you friends and family! The class is just \$5 per person and is pay-as-you-go. No pre-registration is needed.



SCRAPBOOK CROPS ✂--✂--✂

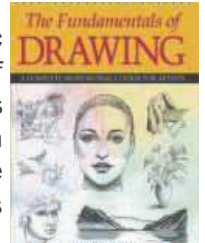
• **Kim Stern** will hold a Scrapbooking Crop at the Senior Center on **Saturday, January 25**, from **9 a.m. to 9 p.m.** All skill levels and all ages are welcome. The \$18 registration fee includes lunch & dinner, a “make & take” & a large space for scrapbooking. **To register: please call Kim at 517-1108.**

FUNDAMENTALS OF DRAWING CLASS

Wednesday evening classes to begin in January

The Fundamentals of Drawing class will resume in January with our new art instructor Janet Velasco. The first session will run on January 8, 15, 22, and 29, from 6–8 p.m., with sessions following each month. The cost for each 4 week session is \$15, payable at the Senior Center’s front desk at time of registration.

In this class, students will apply basic drawing skills to produce expressions of art and learn how to perceive objects as shapes and lines. The class will start with a specified project to incorporate the fundamentals of drawing and then the focus will be on more individualized projects. This class is for any skill level—beginner to advanced. If you like to draw, this is the class for you!



CARD MAKING CLASS with Jana Secord

2nd Tuesday of each month

We are taking December off so that you can finish making your beautiful Christmas cards.

Next class: Tuesday, January 14 3 sessions to choose from: **3:15–4:45 p.m., 5:15–6:45 p.m. or 7–8:30 p.m.**

Make three beautiful cards for \$6 or cards and class is FREE if you place a minimum \$15 product order towards making your own cards! **Please bring adhesive and scissors to class. To register, contact Jana at 920-979-5262 or stampinjana@charter.net by January 13.**

SERVICES

- Free computer/Internet access in Lab & Lobby for members only
- Information or referral on many senior citizen related topics
- Car Fit service available by appt—have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating
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- Income tax assistance (free) during tax season
- Books, magazines, puzzles, videos available to borrow FREE
- Weight scale in Health Room
- Newcomer tour: Call for a personal appointment or just stop in
- Magnified reader for visually impaired or for reading fine print
- Telephone Reassurance Calls: Mornings (Monday–Friday)
- This ‘n That Craft Shoppe open weekdays 9 a.m.—4 p.m.
Craft Intake held every Tuesday from 9:30 a.m.—1:00 p.m.
Crafters welcome to inquire about consignment opportunities
- FDL County Department of Senior Services Dining Program
Meals served at Senior Center Monday–Thursday at 11:45 a.m.
Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk.
Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60.
- FDL County Department of Senior Service Benefit Specialist
Julie Hilbert can be reached at 929-3521.

RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

"O CHRISTMAS TREE" Christmas Party

Register ASAP for the Red Hat Christmas Luncheon at the Holiday Inn on Tuesday, December 17. Meet at the bar for a social (optional cash bar) at 11:30 a.m. and lunch at noon. This will also be the crowning of the new Queen...and we have a volunteer! Come and see who our new Queen will be! Deadline to register is Wednesday, December 11. Cost: \$14. Hostesses: Vivian Gorden, Charlotte Nelson, Donna Draves, and Carol Shaw

ROYAL RUMMY RETURNS!

It's another fun Royal Rummy card game day for Red Hatters. Join us on Friday, January 10, for cards from 1:30-3:30 p.m. at the Senior Center. See the December newsletter for more details.

THE POWER OF COLOR & LUNCH

Watch the Red Hat newsletter and January newsletter for details about this Dutch treat lunch at Faro's and presentation on "The Power of Color" by Alexandra Benz.

JOIN Red Hat Honeys for 2014

Join the Red Hat Honeys chapter for 2014.

18 Dues are still just \$5.

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2014 FRIENDS MEMBERSHIP APPLICATION

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is on-going throughout the whole year.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

NAME(s) (both, if couple)	
ADDRESS	
CITY, STATE, ZIP	
PHONE	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
CITY RESIDENT?	<input type="checkbox"/> City of Fond du Lac Other: _____

CHOICE OF SUPPORT:

☐ **\$10.00 Single**

☐ **\$15.00 Couple** (Husband and Wife)

☐ **\$_____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give \$25 or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board of Director to City Council to help cover the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2014 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2014 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of the Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2014 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.

PLEASE CHECK: ☐ Yes, you CAN include my name when listing publicity. ☐ No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership **can** be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues should be paid at the same time the required Friends membership is paid to avoid confusion. Friends membership, utility donation, and Red Hat dues **CAN** be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

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DATE PAID _____ CASH _____ CHECK _____ CHECK # _____

☐ NEW 2014 Member ☐ Renewal

Receptionist Initials _____

☐ FANATASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100 ☐ UTILITY DONATION: \$_____

☐ Received Among Friends Newsletter ☐ Received Happy Travelers Info ☐ Red Hat Dues also paid



Fond du Lac Senior Center

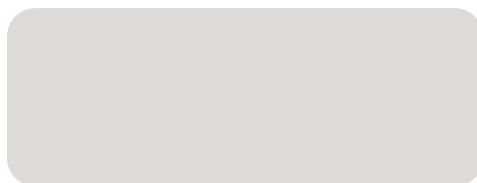
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MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

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